



FDI Walking Stick "SOFT STEP"

Operating Instructions

FDI FRANCE MEDICAL, 77 Route de Buatière, 38490 Fitilieu, France



Your FDI Walking Stick SOFT STEP has been manufactured and sold to serve exclusively as therapeutic walking aid. Following instructions will help you to use this Walking Stick safely, and in optimal comfort.

Adjustment of the height

With the safety locking device, the height of the FDI Walking Stick can be adjusted to fit best with your length: when you stand up tall with your shoes on, your elbow should be a little bit bent and your shoulders should be relaxed (for more precise instructions, we advise you to consult with your doctor, orthopaedist or other health professional). These are the steps to follow to adjust the height of the Walking Stick:

1. After opening the safety clip on the locking device (picture 1), push the locking device outwards (picture 2)
2. Regulate the height of the Walking Stick by sliding the lower tube in or out the higher tube as necessary (picture 3).
3. **Warning:** without the locking device the Walking Stick cannot carry any weight.
4. Once the right height is found, insert the locking device in the two holes of the outer and inner tube that have to coincide.
5. Close the safety clip of the locking device

Warning: before putting your weight on the adjusted Walking Stick, make sure that the locking device is inserted and secured properly by putting gradually your weight on the Walking Stick.



Replacement of the BASE (also called ferrule or tip).

It is important to check regularly the condition of the base of the Walking Stick: depending on the surface on which the Walking Stick is used, the base will wear out more or less quickly. To prevent slippage of the Walking Stick, which can lead to a fall, the base has to maintain a pattern. When this pattern has worn out, the base must be replaced immediately.

All FDI Walking Sticks are equipped with a base with a patented design and materials composition. This results in a flexible base, so that even at an angle, the base maintains maximum contact with the surface for more safety. To maintain the same safety characteristics as the original FDI Walking Stick, it is imperative that you replace the base with an original FDI base.

To replace the base:

1. Remove the old base: hold the Walking Stick firmly in one hand, and remove the base with the other hand by turning it off the Walking Stick (picture 1 and 2)
2. Push the new base with your hand onto the Walking Stick (picture 3)
3. Place the Walking Stick on the floor and gradually bring your weight on the Walking Stick until the Walking Stick has reached the bottom of the base

Warning: Before using the Walking Stick make sure that the Walking Stick has been inserted all the way to the bottom of the base.



GENERAL PRECAUTIONS AND WARNINGS

The FDI Walking Stick has been conceived, designed and manufactured with the appropriate materials for medical and/or therapeutic use as walking aids. However, these Walking Sticks are not indestructible, and they must be used with the utmost care. This product is guaranteed against any hidden manufacturing defect. The guarantee does not cover the wearing out of the tips or other elements exposed to wear and tear.

In order to ensure safe use, the user must respect the following warnings:

1. The product has been conceived, designed and manufactured exclusively as medical and/or therapeutic walking aid
2. This product must not be used for any other purpose than to aid walking and exclusively for medical and/or therapeutic purposes
3. The manufacturer cannot be held responsible if individuals use this product for any other purpose or in any other way than described in the instructions and warnings contained in this leaflet
4. The Walking Sticks are not designed to support a user weight of more than 100 kg; **the hand has to be positioned vertically above the tube of the Walking Stick (see pictograms on the right).**
5. **Particular caution is required when using the Walking Stick on a wet and/or slippery surface**
6. Do not store the product where it is directly exposed to a source of heat or cold
7. To clean the product, use regular soap and clear water only. Do not use cleaning products, solvents, products that contain bleach or hot liquids.

FDI Walking Sticks are made of aluminium tubes and plastic parts: these materials are inert, non-toxic and non-biodegradable. For their disposal these products are considered as domestic waste, and your local regulations in this regard have to be respected

